

John Lewis Stock Number	77062223																		
Name	Crunchy Cracker w/ Sea Salt.																		
Ingredients	Whole wheat flour, Rye flour , Linseed, Millet flakes, Natural sourdough , Honey, Yeast, Sea salt (2%), Rye malt flour, Wheat malt flour, Malt extract (barley malt)																		
For allergens, see ingredients in bold																			
May contain statements	May contain traces of egg, milk, nuts and sesame.																		
Net Quantity	100 g																		
Country of Origin	Holland																		
Storage Instructions	Keep dry																		
Manufacturer's name and address	Nicolas Vahe, Industrivej 29,7430 Ikast, Denmark																		
Instructions for use	Delicious as a snack for aperitif with pesto or cheese																		
Nutrition Labelling	<table> <tr> <th colspan="2">Nutrition per 100 g</th></tr> <tr> <td>Energy</td><td>325 kcal / 1361 kJ</td></tr> <tr> <td>Fats</td><td>4 g</td></tr> <tr> <td>- of which saturated fats</td><td>0.5 g</td></tr> <tr> <td>Carbohydrates</td><td>55 g</td></tr> <tr> <td>- of which sugars</td><td>3.7 g</td></tr> <tr> <td>Fibre</td><td>11 g</td></tr> <tr> <td>Protein</td><td>11 g</td></tr> <tr> <td>Salt</td><td>2.5 g</td></tr> </table>	Nutrition per 100 g		Energy	325 kcal / 1361 kJ	Fats	4 g	- of which saturated fats	0.5 g	Carbohydrates	55 g	- of which sugars	3.7 g	Fibre	11 g	Protein	11 g	Salt	2.5 g
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Alcoholic Strength																			
Suitable for vegetarians	Y																		
Suitable for vegans	Y																		
Suitable for nut allergy sufferers	Y/N																		
Suitable for gluten allergy sufferers	N																		
Suitable to wheat allergy sufferers	N																		
Suitable for egg allergy sufferers	Y/N																		
Suitable for dairy allergy sufferers	Y/N																		
Suitable for soya allergy sufferers	Y/N																		
Free from alcohol	Y																		

Free from artificial flavours	Y
Free from artificial colours	Y